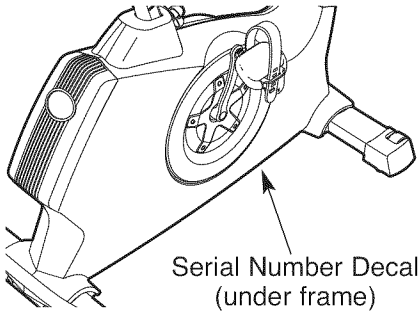
NordicTrack® GX 2.0

www.nordictrack.com

Model No. NTEX02910.1
Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

CALL TOLL-FREE:
1-800-TO-BE-FIT
(1-800-862-3348)
Mon.–Fri., 6 a.m.–6 p.m. MT
Sat. 8 a.m.–4 p.m. MT

ON THE WEB:
www.nordictrackservice.com

⚠CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL

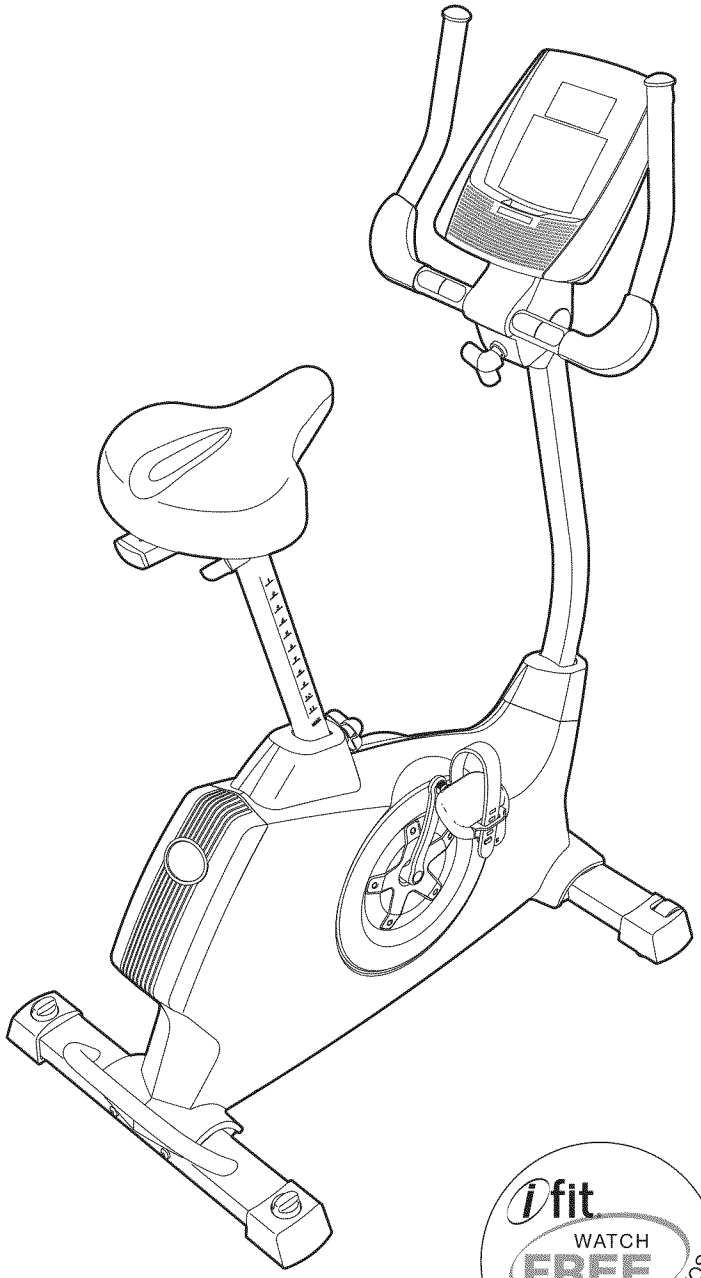
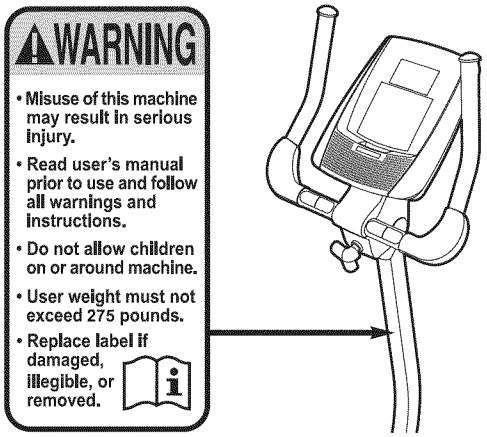


TABLE OF CONTENTS

WARNING DECAL PLACEMENT 2
IMPORTANT PRECAUTIONS 3
BEFORE YOU BEGIN 4
ASSEMBLY 5
HOW TO USE THE EXERCISE BIKE 11
MAINTENANCE AND TROUBLESHOOTING 19
EXERCISE GUIDELINES 21
PART LIST 22
EXPLODED DRAWING 23
ORDERING REPLACEMENT PARTS . . . . . .Back Cover
LIMITED WARRANTY . . . . . .Back Cover

WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.


WARNING
• Misuse of this machine may result in serious injury.
• Read user's manual prior to use and follow all warnings and instructions.
• Do not allow children on or around machine.
• User weight must not exceed 275 pounds.
• Replace label if damaged, illegible, or removed.

NordicTrack is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your exercise bike before using your exercise bike. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

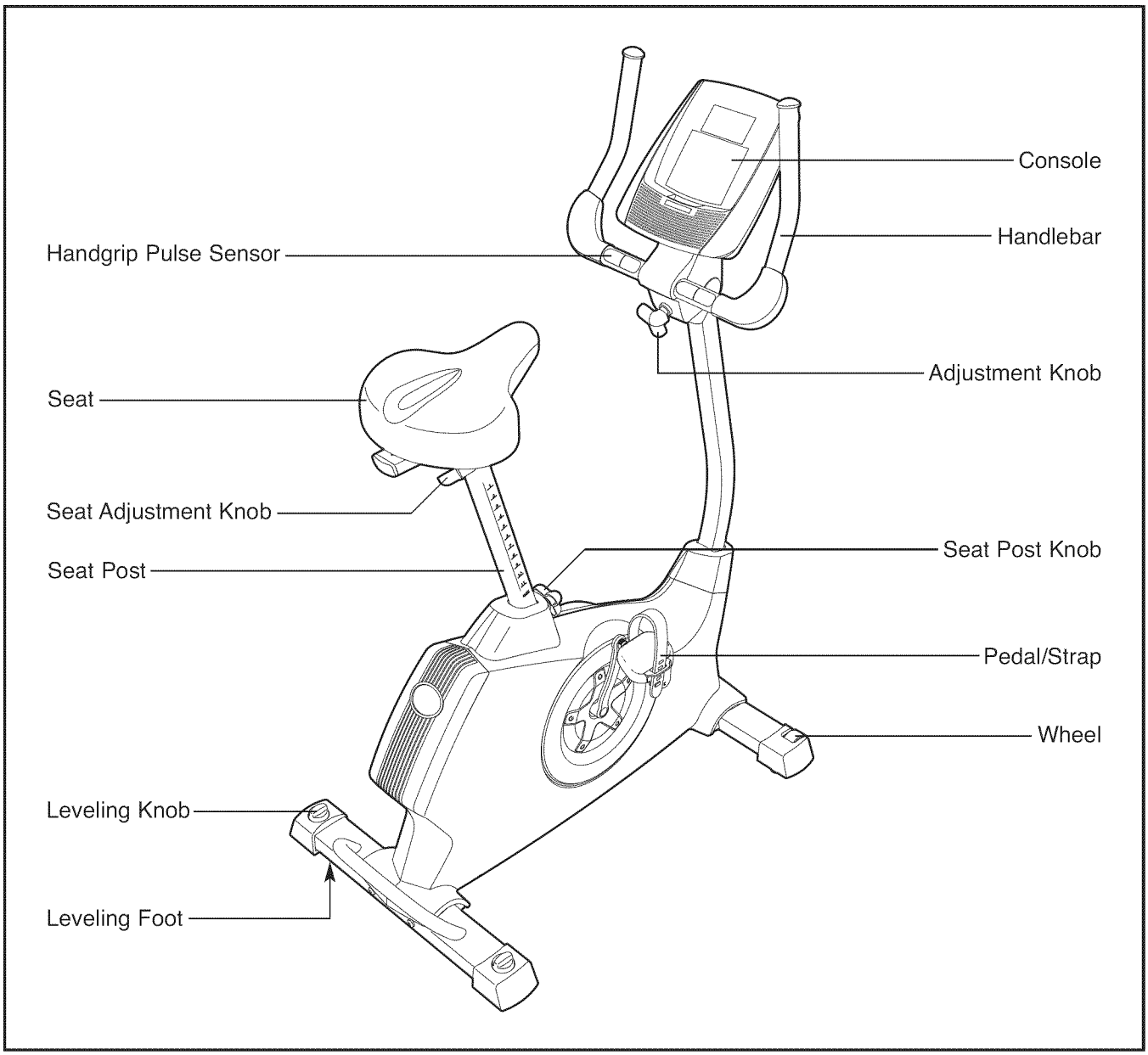
1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. Use the exercise bike only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.
4. The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.
5. Keep the exercise bike indoors, away from moisture and dust. Do not put the exercise bike in a garage or covered patio or near water.
6. Place the exercise bike on a level surface with at least 2 ft. (0.6 m) of clearance around the exercise bike. To protect the floor or carpet from damage, place a mat under the exercise bike.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the exercise bike at all times.
9. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.
10. The exercise bike should not be used by persons weighing more than 275 lbs. (125 kg).
11. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
12. Always keep your back straight while using the exercise bike; do not arch your back.
13. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

BEFORE YOU BEGIN

Thank you for selecting the revolutionary NordicTrack® GX 2.0 exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The GX 2.0 exercise bike provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the exercise bike. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

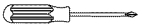
Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



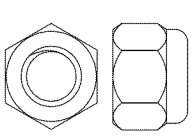
ASSEMBLY

To hire an authorized service technician to assemble the exercise bike, call 1-800-445-2480.

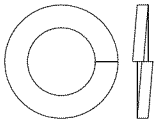
Assembly requires two persons. Place all parts of the exercise bike in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

In addition to the included tool(s), assembly requires a Phillips screwdriver  **, an adjustable wrench** **, and a rubber mallet** **.**

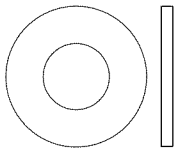
See the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. To avoid damaging parts, do not use power tools for assembly.**



M8 Locknut (72)–4

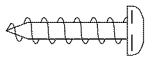


M8 Split Washer (75)–8

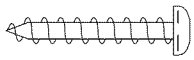


M8 Washer (43)–2

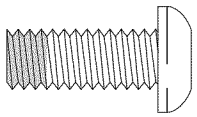
M4 x 5mm Bright Screw (91)–1



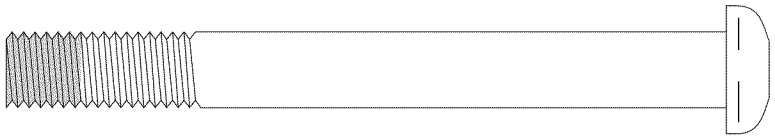
M4 x 16mm Screw (90)–6



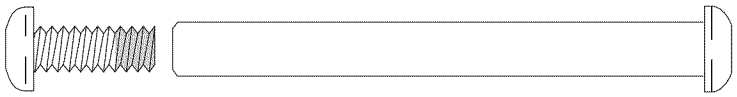
M4 x 22mm Screw (94)–2



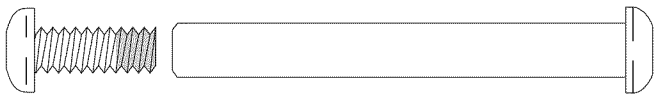
M8 x 20mm Patch Screw (74)–4



M10 x 95mm Patch Screw (76)–4



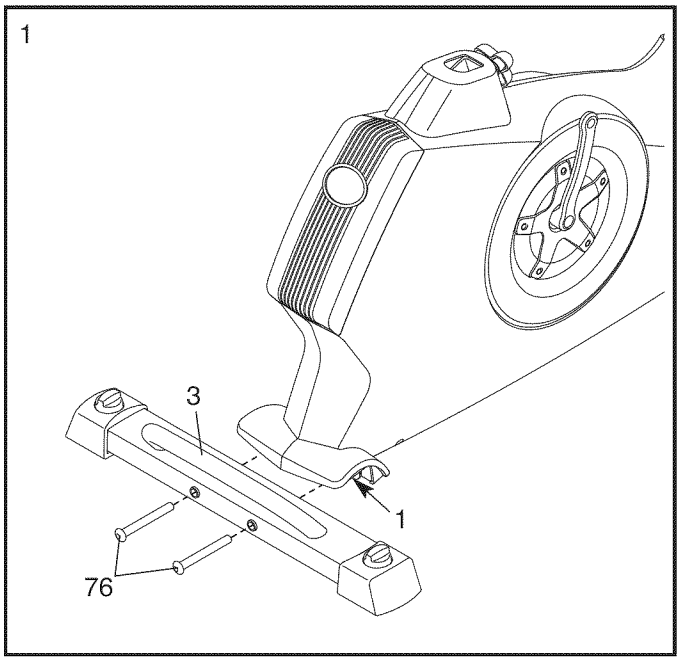
M6 x 70mm Bolt Set (50)–1



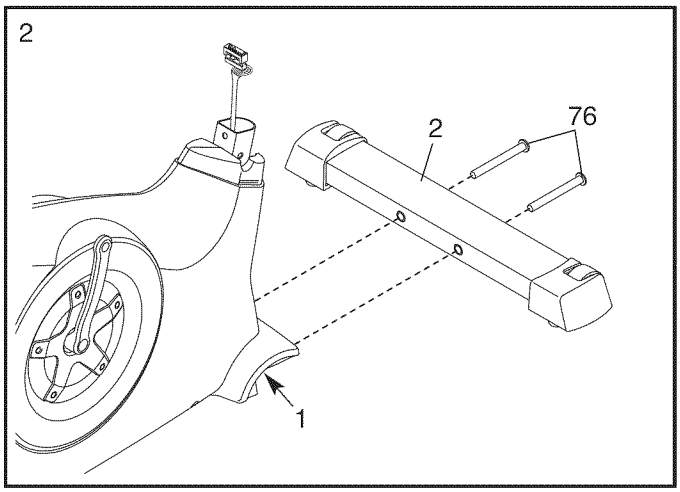
M6 x 60mm Bolt Set (51)–1

1. **To make assembly easier, read the information on page 5 before you begin.**

Attach the Rear Stabilizer (3) to the Frame (1) with two M10 x 95mm Patch Screws (76).



2. Attach the Front Stabilizer (2) to the Frame (1) with two M10 x 95mm Patch Screws (76).

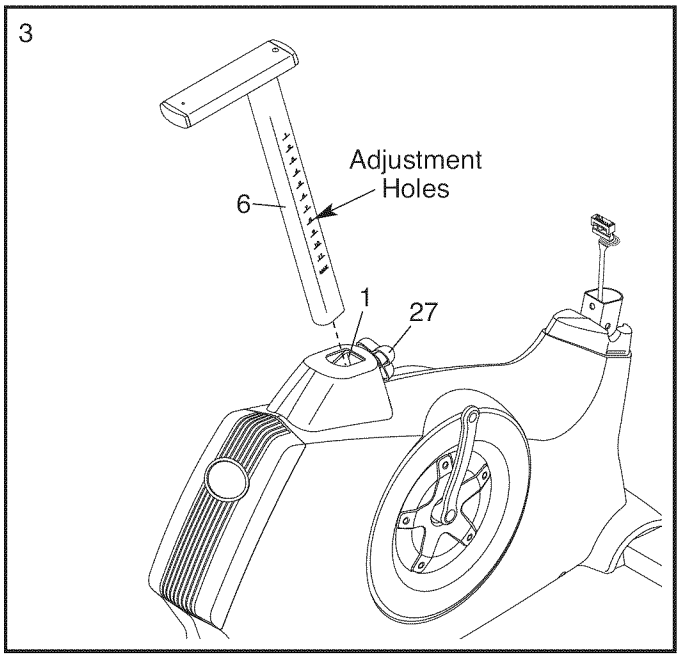


3. Loosen the Adjustment Knob (27) in the Frame (1) a few turns.

Orient the Seat Post (6) as shown. Then, pull the Adjustment Knob (27) outward and insert the Seat Post into the Frame (1).

Slide the Seat Post (6) upward or downward to the desired position, and release the Adjustment Knob (27).

Move the Seat Post (6) upward or downward slightly to make sure that the Adjustment Knob (27) is engaged in one of the adjustment holes in the Seat Post. Then, tighten the Adjustment Knob.

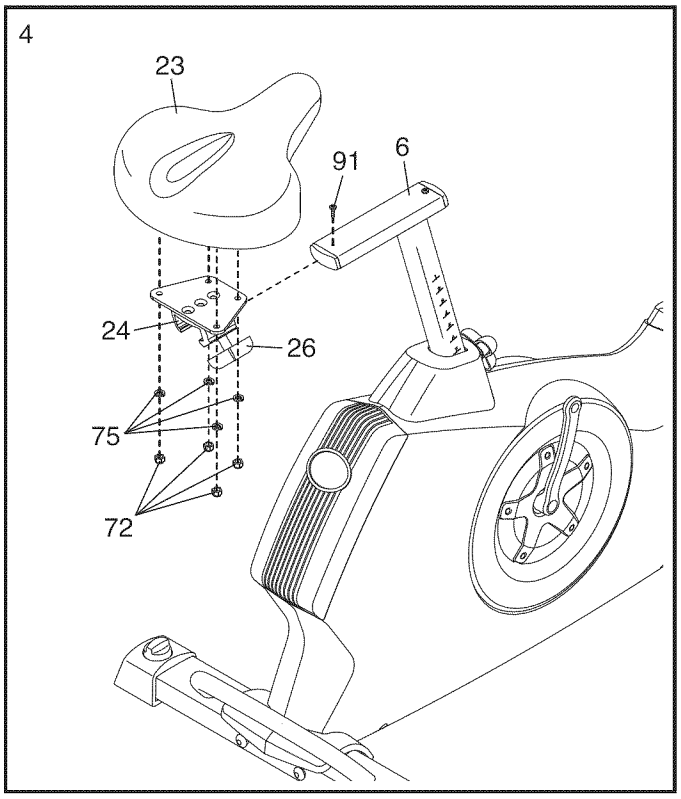


4. Orient the Seat (23) and the Seat Carriage (24) as shown.

   Attach the Seat (23) to the Seat Carriage (24) with four M8 Locknuts (72) and four M8 Split Washers (75).

   Slide the Seat Carriage (24) onto the Seat Post (6). Then, slide the Seat Carriage all the way forward and tighten the Seat Adjustment Knob (26).

   Attach an M4 x 5mm Bright Screw (91) to the rear of the Seat Post (6).



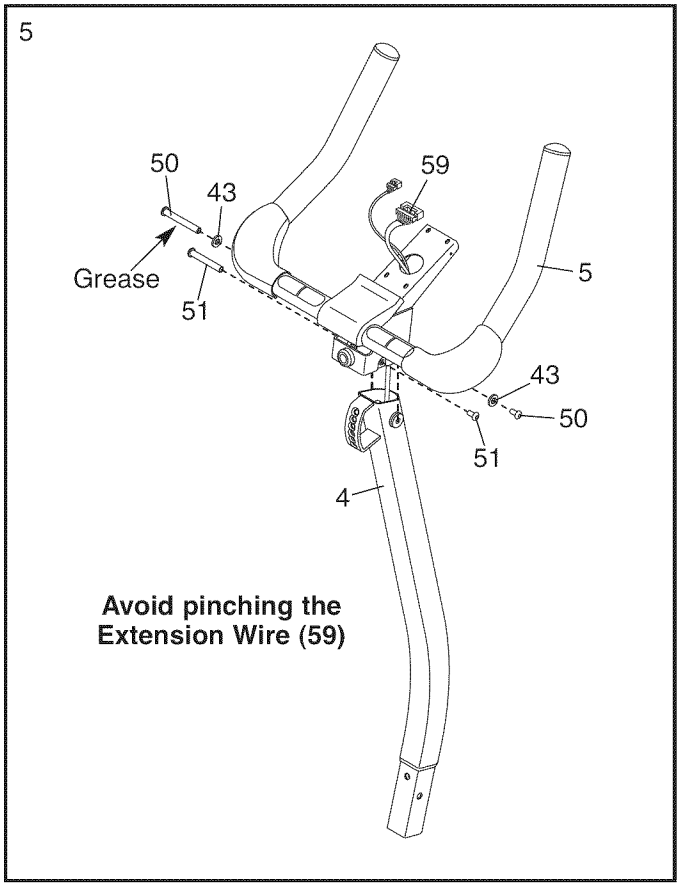
5. Apply some of the included grease to an M6 x 70mm Bolt Set (50).

   Orient the Handlebar (5) and the Upright (4) as shown.

   While a second person holds the Handlebar (5) near the Upright (4), insert the Extension Wire (59) upward through the Handlebar.

   Tip: Avoid pinching the Extension Wire (59).
   Attach the Handlebar (5) to the Upright (4) with the M6 x 70mm Bolt Set (50) and two M8 Washers (43).

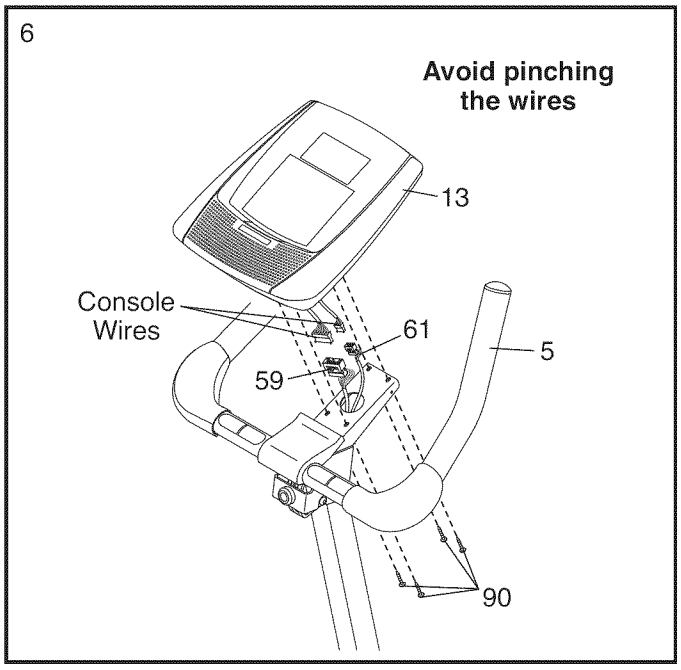
   Then, attach an M6 x 60mm Bolt Set (51) through the lower bracket on the Handlebar (5).



6. While another person holds the Console (13) near the Handlebar (5), connect the console wires to the Extension Wire (59) and the Pulse Wire (61).

   Insert the excess wire downward into the Handlebar (5) or upward into the Console (13).

   Tip: Avoid pinching the wires. Attach the Console (13) to the Handlebar (5) with four M4 x 16mm Screws (90).



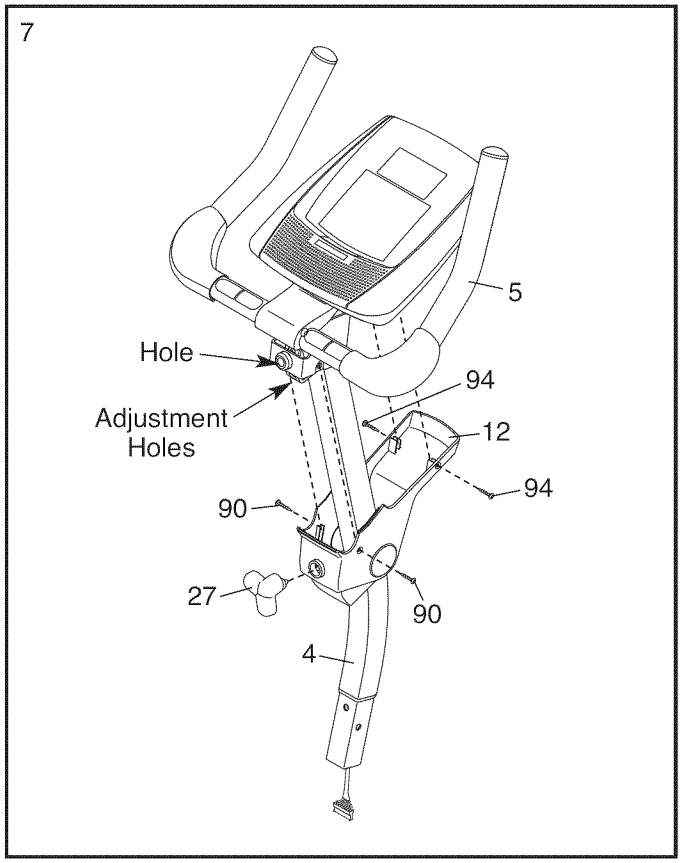
7. Orient the Upright (4) assembly and the Pivot Cover (12) as shown.

   Slide the Pivot Cover (12) upward to the Handlebar (5). **Tip: Bend and flex the Pivot Cover slightly to slide it over the Handlebar.**

   Attach the Pivot Cover (12) to the Handlebar (5) with two M4 x 16mm Screws (90) and two M4 x 22mm Screws (94).

   Pivot the Handlebar (5) until the hole in the Handlebar is aligned with an adjustment hole in the Upright (4).

   Tighten an Adjustment Knob (27) into the Handlebar (5) and an adjustment hole in the Upright (4). **Make sure that the Adjustment Knob is engaged in one of the adjustment holes.**



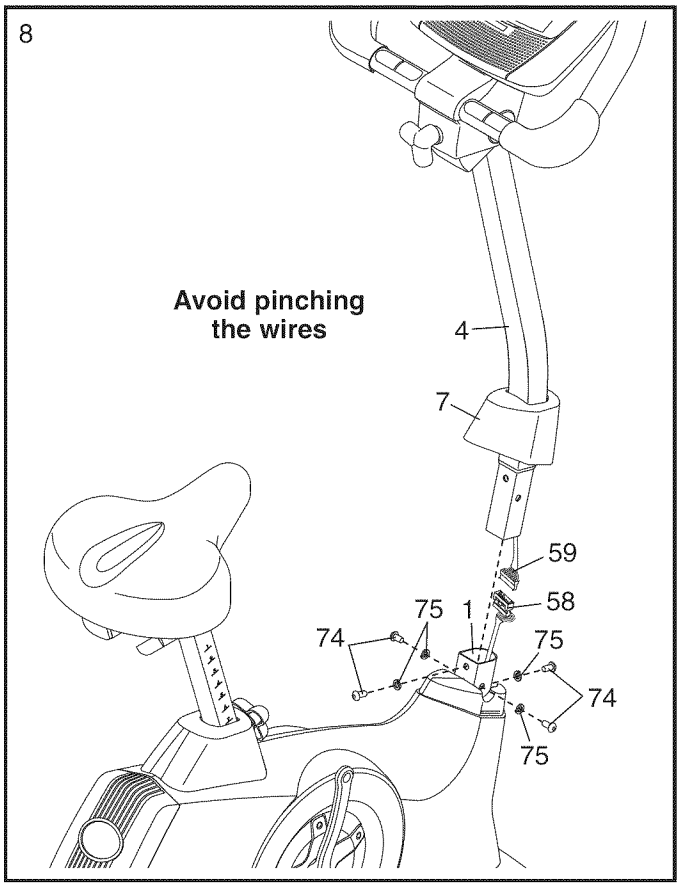
8. Slide the Front Shield Cover (7) upward onto the Upright (4).

   While another person holds the Upright (4) near the Frame (1), connect the Extension Wire (59) to the Main Wire (58).

   Insert the Upright (4) into the Frame (1).

   Tip: Avoid pinching the wires. Attach the Upright (4) with four M8 x 20mm Patch Screws (74) and four M8 Split Washers (75).

   Slide the Front Shield Cover (7) downward to the Frame (1) and press it into place.

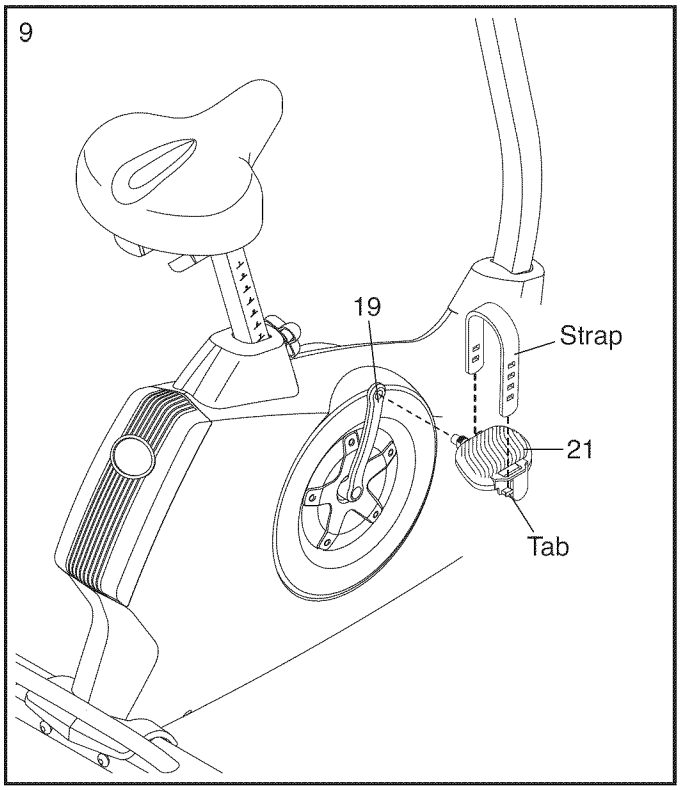


9. Identify the Right Pedal (21), which is marked with an "R."

   Using an adjustable wrench, **firmly tighten** the Right Pedal (21) *clockwise* into the Right Crank Arm (19).

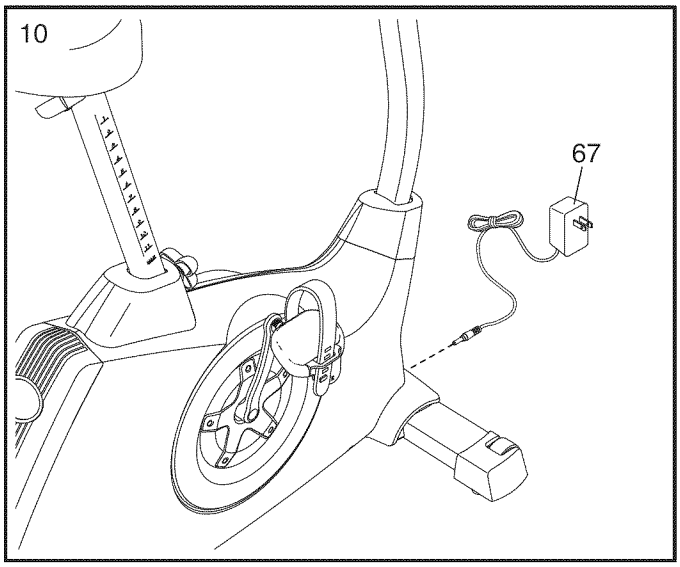
   Tighten the Left Pedal (not shown) *counter-clockwise* into the Left Crank Arm (not shown). **IMPORTANT: Tighten both pedals as firmly as possible. After using the exercise bike for one week, retighten the pedals. For best performance, keep the pedals tightened.**

   Adjust the strap on the Right Pedal (21) to the desired position, and press the ends of the straps onto the tabs on the Right Pedal. **Adjust the strap on the Left Pedal (not shown) in the same way.**



10. Plug the Power Adapter (67) into the receptacle on the frame of the exercise bike.

    To plug the Power Adapter (67) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 11.



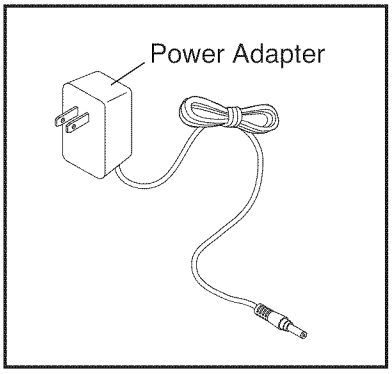
11. **Make sure that all parts are properly tightened before you use the exercise bike. Note: Some hardware may be left over after assembly is completed.** Place a mat under the exercise bike to protect the floor or carpet.

HOW TO USE THE EXERCISE BIKE

HOW TO PLUG IN THE POWER ADAPTER

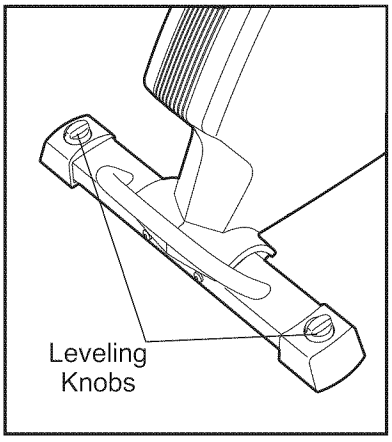
IMPORTANT: If the exercise bike has been exposed to cold temperatures, allow it to warm to room temperature before you plug in the power adapter. If you do not do this, you may damage the console displays or other electronic components.

Plug the power adapter into the receptacle on the frame of the exercise bike. Then, plug the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



HOW TO LEVEL THE EXERCISE BIKE

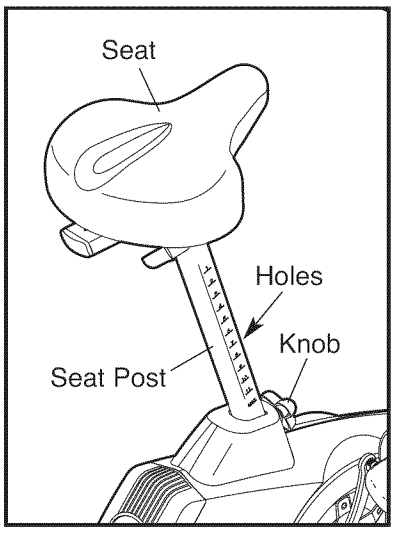
If the exercise bike rocks slightly on your floor during use, turn one or both of the leveling knobs on the rear stabilizer and adjust the leveling feet until the rocking motion is eliminated.



HOW TO ADJUST THE HEIGHT OF THE SEAT

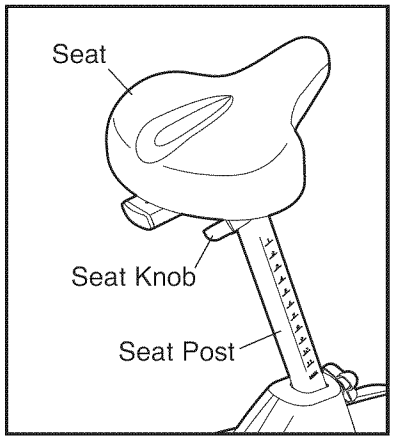
For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.

To adjust the seat, first loosen the adjustment knob a few turns. Next, pull the knob outward, slide the seat post upward or downward to the desired position, and then release the knob. **Move the seat post upward or downward slightly to make sure that the knob is engaged in one of the adjustment holes in the seat post.** Then, tighten the knob.



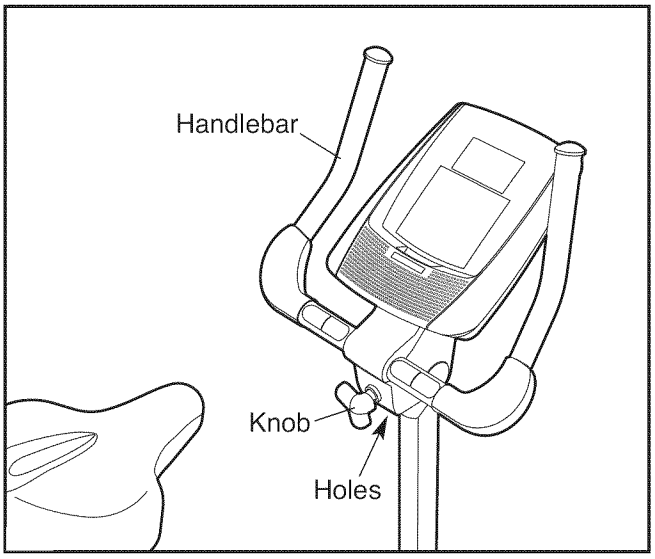
HOW TO ADJUST THE HORIZONTAL POSITION OF THE SEAT

To adjust the horizontal position of the seat, first loosen the seat adjustment knob a few turns. Then, move the seat forward or backward to the desired position, and firmly tighten the knob.



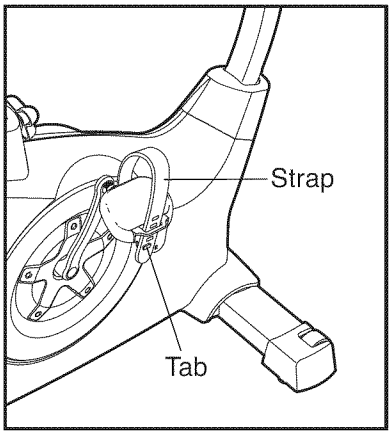
HOW TO ADJUST THE ANGLE OF THE HANDLEBAR

To adjust the angle of the handlebar, first loosen the adjustment knob a few turns. Next, pull the knob outward, pivot the handlebar to the desired angle, and then release the knob into an adjustment hole. **Make sure that the knob is engaged in one of the adjustment holes.** Then, tighten the knob.



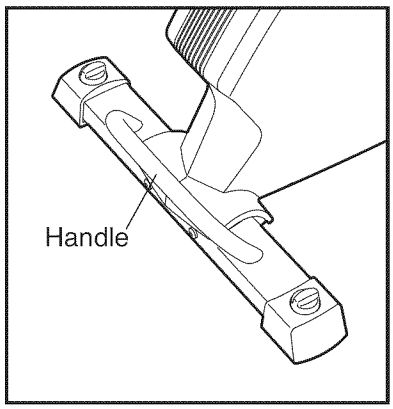
HOW TO ADJUST THE PEDAL STRAPS

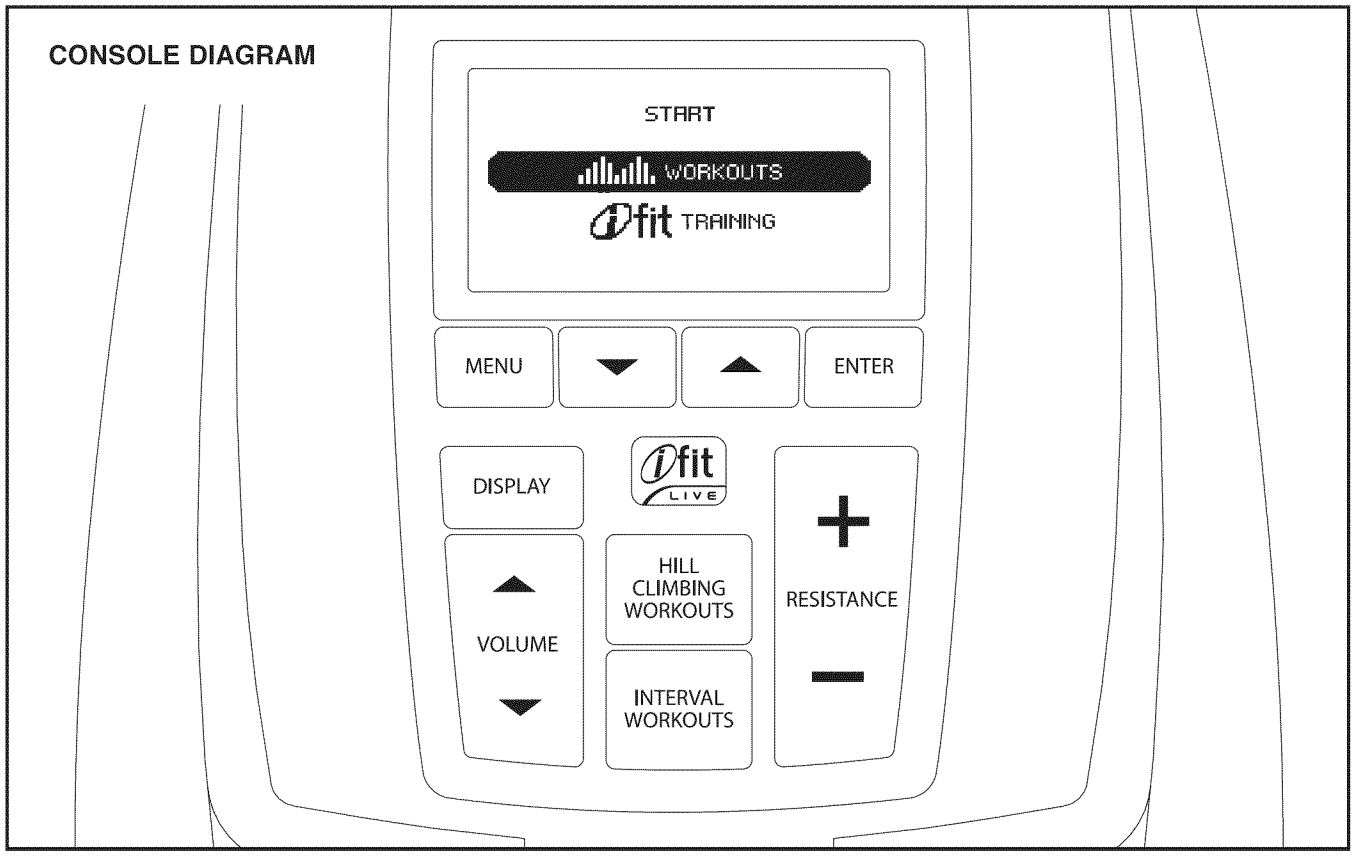
To adjust the pedal straps, first pull the ends of the straps off the tabs on the pedals. Then, adjust the straps to the desired position, and press the ends of the straps onto the tabs.



HOW TO MOVE THE EXERCISE BIKE

To move the exercise bike, hold the handle on the rear stabilizer and carefully lift it until the exercise bike can be moved on the front wheels. Carefully move the exercise bike to the desired location and then lower it.





FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable.

When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using the handgrip pulse sensor.

The console also offers eighteen preset workouts—ten hill climbing workouts and eight interval workouts. Each workout automatically changes the resistance of the pedals and prompts you to vary your pedaling pace as it guides you through an effective workout.

The console also features an iFit training mode that allows your console to communicate with your wireless network through an optional iFit Live module.

With the iFit Live mode, you can download personalized workouts, create your own workouts, track your workout results, and access many other features. **See www.iFit.com for complete information.**

To purchase an iFit Live module at any time, go to www.iFit.com or call the telephone number on the front cover of this manual.

You can even connect your MP3 player or CD player to the console sound system and listen to your favorite music or audio books while you exercise.

To activate the console, see page 14. **To turn off the console,** see page 14. **To use the manual mode,** see page 14. **To use a preset workout,** see page 15. **To use the iFit training mode,** see page 17. **To use the sound system,** see page 17. **To use the information mode,** see page 17.

Note: If there is a sheet of plastic on the display, remove the plastic.

HOW TO ACTIVATE THE CONSOLE

The included power adapter can be used to operate the exercise bike. See HOW TO PLUG IN THE POWER ADAPTER on page 11. When the power adapter is plugged in, the displays will light and the console will be ready for use.

HOW TO TURN OFF THE CONSOLE

If the pedals do not move for several seconds, a tone will sound and the console will pause.

If the pedals do not move for several minutes and the buttons are not pressed, the console will turn off and the display will be reset.

When you are finished exercising, unplug the power adapter. **IMPORTANT: If you do not do this, the electrical components on the exercise bike may wear prematurely.**

HOW TO USE THE MANUAL MODE

1. **Begin pedaling or press any button on the console to turn on the console.**

   See HOW TO ACTIVATE THE CONSOLE above.

2. **Select the manual mode.**

   Each time you turn on the console, the main menu will appear.

   To select the manual mode, press the Increase and Decrease buttons next to the Enter button and highlight START. Then, press the Enter button.

   If you have selected a workout or the iFit Training mode, press the Menu button to return to the main menu.

3. **Change the resistance of the pedals as desired.**

   As you pedal, change the resistance of the pedals by pressing the Resistance Increase and Decrease buttons.

   Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.

4. **Follow your progress with the display.**

   The console offers several display modes. The display mode that you select will determine which workout information is shown. Press the Display button repeatedly to select the desired display mode.

   The display can show the following workout information:

   Calories—This display mode will show the approximate number of calories you have burned.

   Distance—This display mode will show the distance you have traveled in miles or kilometers.

   Profile—When a workout is selected, this display mode will show a profile of the resistance levels for the workout.

   Pulse—This display mode will show your heart rate when you use the handgrip pulse sensor (see step 5 on page 15).

   Resistance—This display mode will show the resistance level of the pedals for a few seconds each time the resistance level changes.

   Speed—This display mode will show your pedaling pace in miles per hour or kilometers per hour.

   Target Speed Meter—When a workout is selected, this display mode will compare your pedaling pace to the target pedaling speed and prompt you to increase or decrease your pedaling pace.

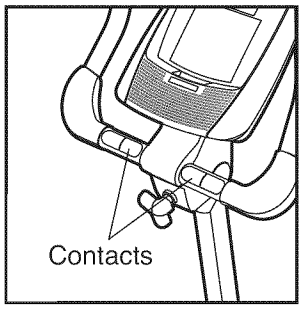
Time—When the manual mode is selected, this display mode will show the elapsed time. When a workout is selected, this display mode will show the time remaining in the workout instead of the elapsed time.

Watts—This display will show your power output in watts.

Change the volume level of the console by pressing the Volume Increase and Decrease buttons.

Note: The console can show pedaling pace and distance in either miles or kilometers. To change the unit of measurement, see HOW TO USE THE INFORMATION MODE on page 17.

5. **Measure your heart rate if desired.**



If there are sheets of plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. To measure your heart rate, hold the handgrip pulse sensor for approximately 15 seconds with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts tightly.**

When your pulse is detected, your heart rate will appear in the display. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

If the display does not show your heart rate, make sure that your hands are positioned as described. Be careful not to move your hands excessively or squeeze the metal contacts tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6. **When you are finished using the exercise bike, the console will turn off automatically.**

See HOW TO TURN OFF THE CONSOLE on page 14.

HOW TO USE A PRESET WORKOUT

1. **Begin pedaling or press any button on the console to turn on the console.**

See HOW TO ACTIVATE THE CONSOLE on page 14.

2. **Select a preset workout.**

If you have selected a workout or the iFit Training mode, press the Menu button to return to the main menu.

To select a preset workout, first press the Increase and Decrease buttons next to the Enter button and highlight WORKOUTS. Then, press the Enter button.

Next, press the Increase and Decrease buttons to highlight the desired workout category. Then, press the Enter button.

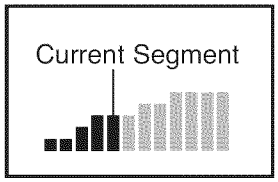
You can also press the Hill Climbing Workouts button or the Interval Workouts button.

Press the Increase and Decrease buttons to highlight the desired workout category. Then, press the Enter button.

Press the Increase and Decrease buttons to highlight the name of the desired workout. The duration, the maximum speed, the maximum resistance level, and a profile of the resistance levels of the workout will appear in the right side of the display. Then, press the Enter button.

3. **Begin pedaling to start the workout.**

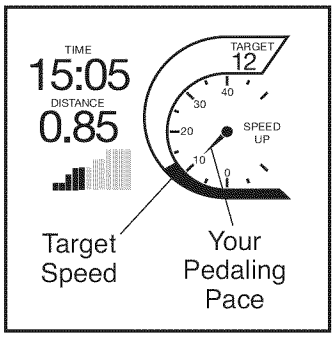
Each workout is divided into one-minute segments. One resistance level and one target speed are programmed for each segment. Note: The same resistance level and/or target speed may be programmed for consecutive segments.



The workout profile will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment.

When the first segment of the workout ends, the target speed and the resistance level for the second segment will appear in the display for a few seconds to alert you. The next segment of the profile will begin to flash, and the pedals will automatically adjust to the resistance level for the next segment.

As you exercise, keep your pedaling pace near the target speed for the current segment.



The target speed meter will show your pedaling pace and the target speed for the current segment. When the words SPEED UP appear in the target speed meter, increase your pace. When the words SLOW DOWN appear, decrease your pace.

IMPORTANT: The target speed is intended only to provide motivation. Your actual pedaling pace may be slower than the target speed. Make sure to pedal at a pace that is comfortable for you.

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level for the next segment.**

The workout will continue in this way until the last segment ends.

To stop the workout at any time, stop pedaling. A tone will then sound. If the time display mode is selected, the time will begin to flash in the display. To restart the workout, simply resume pedaling.

4. **Follow your progress with the display.**

See step 4 on page 14.

5. **Measure your heart rate if desired.**

See step 5 on page 15.

6. **When you are finished using the exercise bike, the console will turn off automatically.**

See HOW TO TURN OFF THE CONSOLE on page 14.

HOW TO USE THE IFIT TRAINING MODE

The optional iFit Live module allows your console to communicate with your wireless network and unlocks exciting new features. For example, you can download personalized workouts, create your own workouts, track your workout results, and access many other features on the iFit Live website. **To purchase an iFit Live module at any time, go to www.iFit.com or call the telephone number on the front cover of this manual.**

To select the iFit training mode, insert the iFit Live module into the console. Press the Menu button and then press the Increase and Decrease buttons next to the Enter button and highlight IFIT TRAINING. Then, press the Enter button.

For more information about the iFit training mode, go to www.iFit.com. Note: To use the iFit Live module, you must have access to a computer with an internet connection and a USB port. You must also have your own wireless network including an 802.11b router with SSID broadcast enabled (hidden networks are not supported). You will also need an iFit.com membership.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug the included audio cable into the jack on the console and into a jack on your MP3 player or CD player; **make sure that the audio cable is fully plugged in.**

Next, press the play button on your MP3 player or CD player. Adjust the volume level using the volume control on your MP3 player or CD player or press the Volume Increase and Decrease buttons on the console.

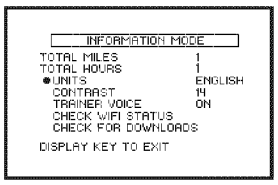
HOW TO USE THE INFORMATION MODE

The console features an information mode that allows you to view usage information for the exercise bike, select a unit of measurement for the console, and adjust the contrast level of the display.

When an iFit Live module is connected to the console, you can also use the information mode to choose an audio setting for the voice of the personal trainer, check the status of the iFit Live module, and check for downloads.

1. **Select the information mode.**

   To select the information mode, press and hold down the Display button for a few seconds until the information mode appears in the display.



2. **View usage information for the exercise bike.**

   The display will show the total distance that has been pedaled on the exercise bike. The display will also show the total number of hours that the exercise bike has been used.

3. **Select a unit of measurement if desired.**

   The word ENGLISH for English miles or the word METRIC for metric kilometers will appear in the display to indicate the currently selected unit of measurement.

   To change the unit of measurement, press the Increase and Decrease buttons until the bullet appears next to the word UNITS. Then, press the Enter button repeatedly to select the desired unit of measurement.

4. **Adjust the contrast level of the display if desired.**

   The currently selected contrast level will also appear in the display. To change the contrast level, press the Increase and Decrease buttons until the bullet appears next to the word CONTRAST.

   Press the Enter button and then press the Increase and Decrease buttons repeatedly to select the desired contrast level. Press the Enter button again to save your selection.

5. **Determine if an iFit Live module is connected to the console.**

   If an iFit Live module is connected to the console, the display will show the words CHECK WIFI STATUS or CHECK USB STATUS.

   If no accessory is connected, the display will show the words NO MODULE DETECTED. If no accessory is connected, go to step 9.

6. **Select an audio setting for the voice of the personal trainer if desired.**

   The currently selected audio setting for the voice of the personal trainer will also appear in the display.

   To change the audio setting, press the Increase and Decrease buttons until the bullet appears next to the words TRAINER VOICE. Then, press the Enter button repeatedly to turn the voice of the personal trainer ON or OFF.

7. **Check the status of the iFit Live module if desired.**

   To check the status of the iFit Live module, press the Increase and Decrease buttons until the bullet appears next to the words CHECK WIFI STATUS or CHECK USB STATUS.

   Then, press the Enter button. After a few seconds, the status of the iFit Live module will appear in the display. To exit this display, press and hold down the Display button for a few seconds.

8. **Check for downloads if desired.**

   To check for iFit Live workouts and firmware downloads, press the Increase and Decrease buttons until the bullet appears next to the words CHECK FOR DOWNLOADS.

   Then, press the Enter button. The console will then check for iFit Live workouts and firmware downloads.

9. **Exit the information mode.**

   Press the Display button to exit the information mode.

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the exercise bike regularly. Replace any worn parts immediately.

To clean the exercise bike, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

CONSOLE TROUBLESHOOTING

If lines appear in the console display, see step 4 on page 18 and adjust the contrast level of the display.

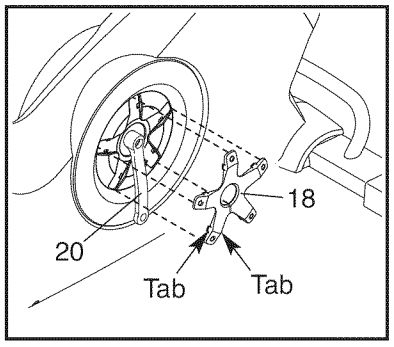
If the console does not display your heart rate when you use the handgrip pulse sensor, see step 5 on page 15.

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, you must first remove the left pedal, the left disc cover, and the left pedal disc (see the instructions below).

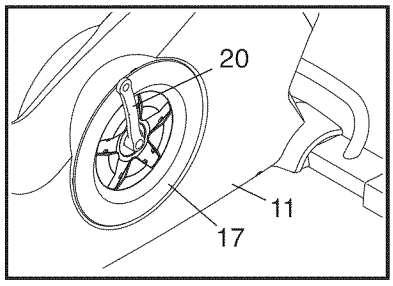
Using an adjustable wrench, turn the left pedal clockwise and remove it.

Rotate the Left Crank Arm (20) to a vertical position with the end of the Left Crank Arm pointing downward as shown.



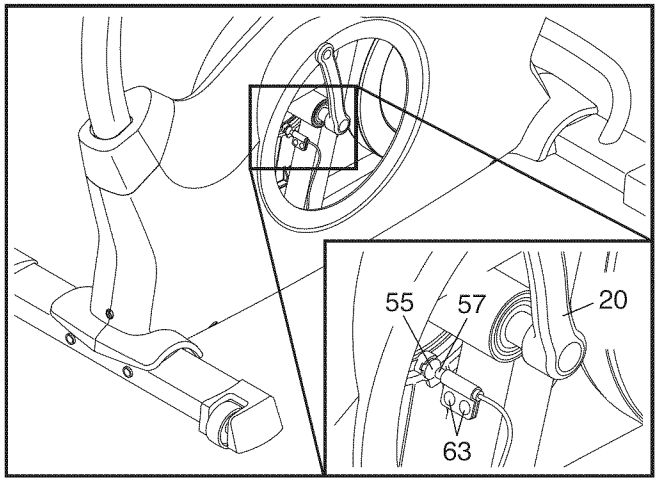
Using a flat screwdriver, release the tabs on each point of the left Disc Cover (18). Carefully work the left Disc Cover over the Left Crank Arm (20) and remove the left Disc Cover.

Next, rotate the Left Crank Arm (20) to a vertical position with the end of the Left Crank Arm pointing upward.



Rotate the left Pedal Disc (17) clockwise to release it from the Left Shield (11). Then, work the left Pedal Disc upward and remove it from the Left Crank Arm (20).

Locate the Reed Switch (57). Loosen, but do not remove, the two M4 x 12.7mm Flange Screws (63).



Next, rotate the Left Crank Arm (20) until a Magnet (55) is aligned with the Reed Switch (57). Slide the Reed Switch slightly toward or away from the Magnet. Then, retighten the M4 x 12.7mm Flange Screws (63).

Rotate the Left Crank Arm (20) for a moment. Repeat these actions until the console displays correct feedback.

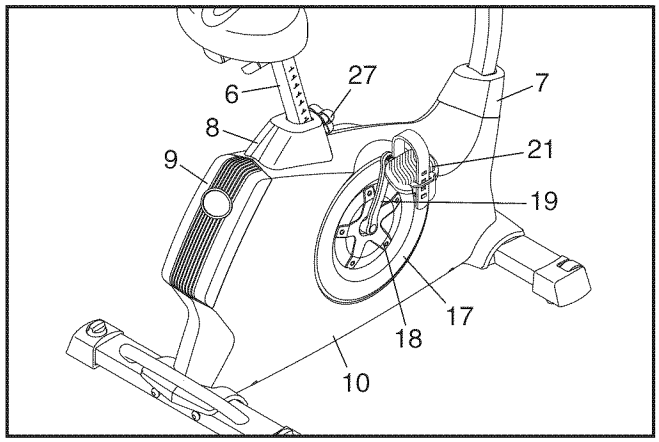
When the reed switch is correctly adjusted, reattach the left pedal disc, the left disc cover, and the left pedal.

HOW TO ADJUST THE DRIVE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance is adjusted to the highest level, the drive belt may need to be adjusted.

To adjust the drive belt, you must first remove the right pedal, the seat post, the top shield cover, the rear shield cover, the front shield cover, the right disc cover, the right pedal disc, and the right shield (see the instructions below).

Using an adjustable wrench, turn the Right Pedal (21) counterclockwise and remove it.



Next, remove the Adjustment Knob (27) and remove the Seat Post (6).

Using a flat screwdriver, remove the Top Shield Cover (8) and the Rear Shield Cover (9). Then, use the flat screwdriver to release the Front Shield Cover (7).

Rotate the Right Crank Arm (19) to a vertical position with the end of the Right Crank Arm pointing downward.

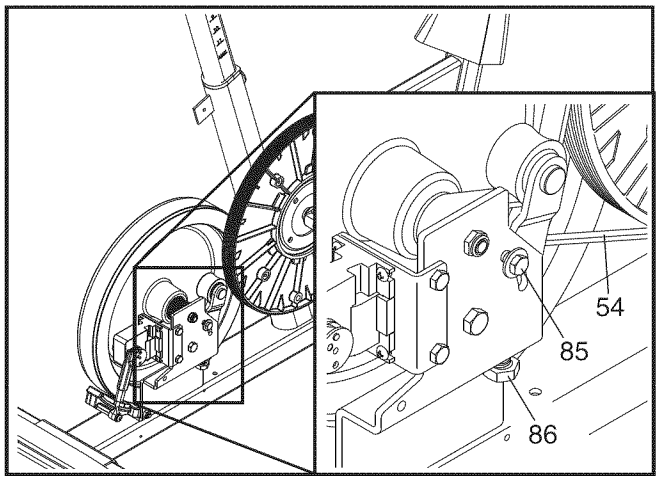
Using a flat screwdriver, release the tabs on each point of the right Disc Cover (18). Carefully work the right Disc Cover over the Right Crank Arm (19) and remove the right Disc Cover. Note: See the drawings on page 19 for more detail.

Next, rotate the Right Crank Arm (19) to a vertical position with the end of the Right Crank Arm pointing upward.

Rotate the right Pedal Disc (17) clockwise to release it from the Right Shield (10). Then, work the right Pedal Disc upward and remove it from the Right Crank Arm (19).

See the EXPLODED DRAWING on page 23 and remove the M4 x 19mm Screws (89) and the M4 x 25mm Screws (62) from the Right and Left Shields (10, 11). Then, remove the Right Shield.

Next, loosen the M6 x 20mm Hex Screw (85). Then, tighten the M10 x 50mm Hex Screw (86) until the Drive Belt (54) is tight.



When the Drive Belt (54) is tight, tighten the M6 x 20mm Hex Screw (85).

Then, reattach the right shield, the right pedal disc, the right disc cover, the front shield cover, the rear shield cover, the top shield cover, the seat post, and the right pedal.

EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	*155*	*145*	*140*	*130*	*125*	*115*	♥
145	*138*	*130*	*125*	*118*	*110*	*103*	♥
125	*120*	*115*	*110*	*105*	*95*	*90*	♥
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise–never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. NTEX02910.1

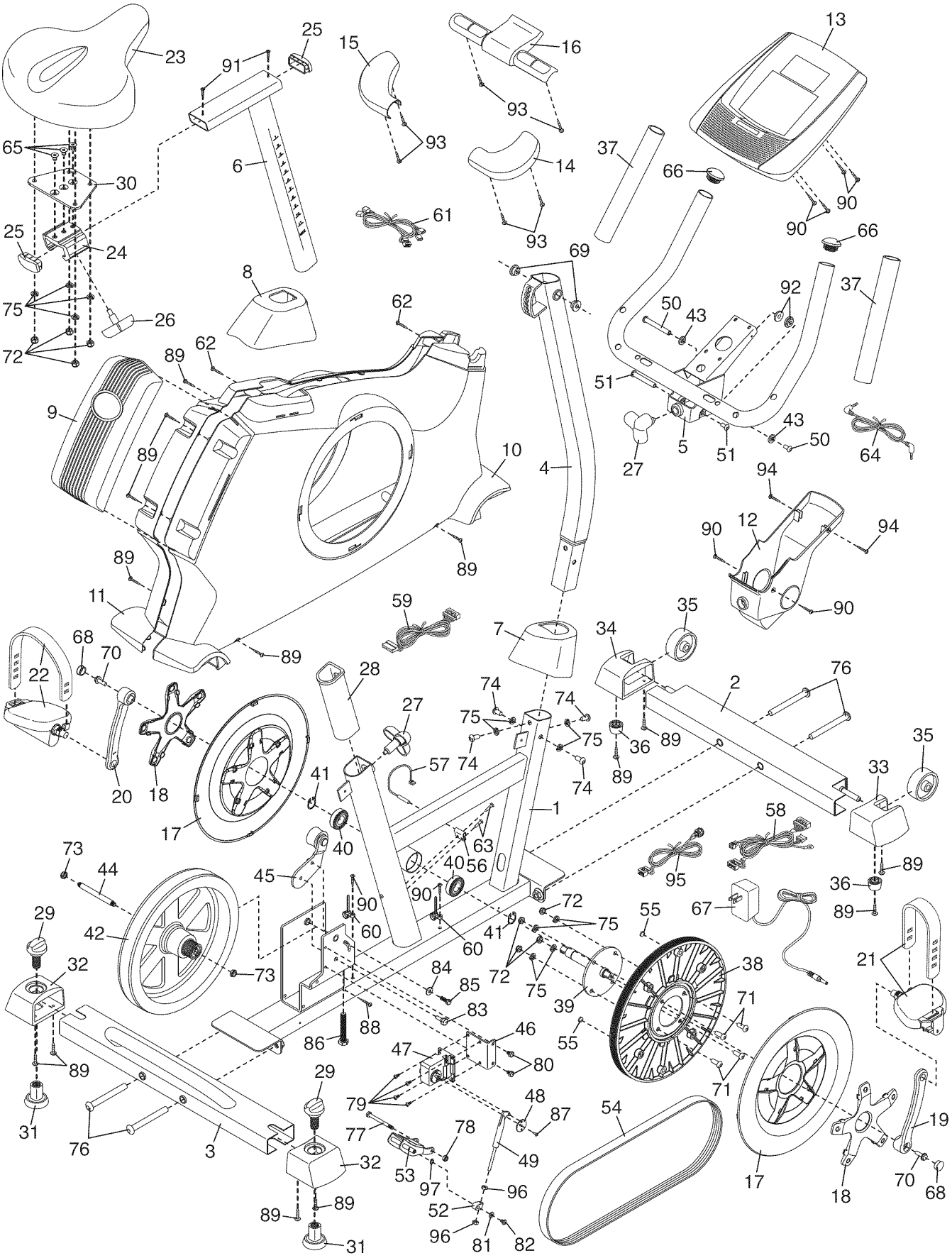
R1010A

Key No.	Qty.	Description
1	1	Frame
2	1	Front Stabilizer
3	1	Rear Stabilizer
4	1	Upright
5	1	Handlebar
6	1	Seat Post
7	1	Front Shield Cover
8	1	Top Shield Cover
9	1	Rear Shield Cover
10	1	Right Shield
11	1	Left Shield
12	1	Pivot Cover
13	1	Console
14	1	Right Pad
15	1	Left Pad
16	1	Pulse Sensor
17	2	Pedal Disc
18	2	Disc Cover
19	1	Right Crank Arm
20	1	Left Crank Arm
21	1	Right Pedal/Strap
22	1	Left Pedal/Strap
23	1	Seat
24	1	Seat Carriage
25	2	Seat Post Cap
26	1	Seat Adjustment Knob
27	2	Adjustment Knob
28	1	Seat Post Sleeve
29	2	Leveling Knob
30	1	Seat Bracket
31	2	Leveling Foot
32	2	Rear Stabilizer Cap
33	1	Right Stabilizer Cap
34	1	Left Stabilizer Cap
35	2	Wheel
36	2	Foot
37	2	Foam Grip
38	1	Pulley
39	1	Crank
40	2	Crank Bearing
41	2	Snap Ring
42	1	Flywheel
43	2	M8 Washer
44	1	Flywheel Axle
45	1	Idler
46	1	Motor Bracket
47	1	Resistance Motor
48	1	Resistance Disc
49	1	Resistance Arm
50	1	M6 x 70mm Bolt Set
51	1	M6 x 60mm Bolt Set
52	1	Resistance Bracket
53	1	C-magnet
54	1	Drive Belt
55	2	Magnet
56	1	Clamp
57	1	Reed Switch/Wire
58	1	Main Wire
59	1	Extension Wire
60	2	Wire Clamp
61	1	Pulse Wire
62	2	M4 x 25mm Screw
63	2	M4 x 12.7mm Flange Screw
64	1	Audio Cable
65	3	M8 x 17mm Flat Head Screw
66	2	Handlebar Cap
67	1	Power Adapter
68	2	Crank Cap
69	2	Upright Pivot Bushing
70	2	5/16" Flange Screw
71	4	M8 x 20mm Button Bolt
72	8	M8 Locknut
73	2	M8 Jam Nut
74	4	M8 x 20mm Patch Screw
75	12	M8 Split Washer
76	4	M10 x 95mm Patch Screw
77	1	M6 x 65mm Hex Screw
78	1	M6 Locknut
79	4	M4 x 12mm Flange Screw
80	2	M6 x 8mm Hex Screw
81	1	M5 Washer
82	1	M5 x 7mm Screw
83	1	Idler Screw
84	1	M6 Washer
85	1	M6 x 20mm Hex Screw
86	1	M10 x 50mm Hex Screw
87	1	M3.5 x 12mm Screw
88	1	M4 x 12.7mm Bright Screw
89	14	M4 x 19mm Screw
90	8	M4 x 16mm Screw
91	2	M4 x 5mm Bright Screw
92	2	Handlebar Pivot Bushing
93	6	M4 x 19mm Flat Head Screw
94	2	M4 x 22mm Screw
95	1	Power Receptacle/Wire
96	2	Adjustment Nut
97	1	Snap Ring
*	–	Assembly Tool
*	–	User's Manual

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

EXPLODED DRAWING—Model No. NTEX02910.1

R1010A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.nordictrackservice.com/registration.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for a lifetime. Parts and labor are warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center; to products used for commercial or rental purposes or as store display models; or to products transported or purchased outside the US. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813

Part No. 307610 R1010A

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